

HOCKEY HIP RETURN TO ICE

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Motion – Physical Therapy

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OBJECTIVES

- Describe criteria for initial return of hockey players to ice after hip surgery
- Review criteria for full contact and return to play
- Identify the specific on-ice demands of hockey players and goaltenders
- Provide examples of appropriate skating drills for early, middle, and late phases of return-to-ice
- Review current literature and adapt existing guidelines to individual cases
- Explain management of volume and exposures during the return-to-ice process



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CRITERIA FOR RETURN TO ICE

- Clearance from Surgical Team
- Pain-Free Ambulation
- Pain-Free Normal Hip Range of Motion
- Stable Single Leg Stance (Passing Y-Balance)
- Adequate Strength of Specific Muscle Groups (4/5 Manual Muscle Testing)
 - ☒ Glute Medius
 - ☒ Glute Maximus
 - ☒ Deep External Rotators
 - ☒ Iliopsoas

Lindman, 2022; Pierce CM, 2013

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CRITERIA FOR RETURN TO PLAY

- Clearance from Surgical Team ~ 5-6 Months
- Pain-Free Normal Hip Range of Motion
- Single Leg Bridge Test
- >90% Hop Testing (Distance Hop, Triple Hop, Crossover Hop)
- >90% Limb Symmetry Index
 - ☒ Hip Abduction/Adduction
 - ☒ Hip Flexion/Extension
 - ☒ Hip Internal/External Rotation

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CASE 1: FEMOROACETABULAR IMPINGEMENT (FAI) CORRECTION & LABRAL REPAIR

- Varsity Defense
- Bilateral FAI
- Postoperative Left Hip
- Previous Right Hip FAI Correction and Labral Repair



Figure 1

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On-Ice Return-to-Hockey Progression After Anterior Cruciate Ligament Reconstruction

PHASE	PURPOSE	ON ICE ACTIVITIES	TIMING OF PHASE
Early (A-D)	Expose Athlete to Specific Demands of Skating	See Table Below	16 Weeks Post
Intermediate	Power and Anticipated Change of Direction	Tight Circles Around Cone Power Strides with Pause Puck Handling	20 Weeks Post
Late	Anaerobic Endurance and Unanticipated Changes of Direction	Between Blue Line Sprints Crossovers with Stops Passing and Shooting	6 Months Post
Return to Sport	Non-Contact Drills, Scrimmage, Games	Noncontact team drills Progress to scrimmage	9 Months Post
EARLY SUBPHASE A	EARLY SUBPHASE B	EARLY SUBPHASE C	EARLY SUBPHASE D
Forward Skating 25% with Hockey Turns	Forward Skating 50% Backward Skating 25% C-Cuts	Full Circles Crossovers 50% Puck Handling	One Leg Endurance Drill Crossovers 50-75%



Capin, 2017

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EARLY PHASE

- 10 – 12 Weeks Post-Op
- 2 Skates per Week
- 50% Effort

- Forward Skis
- Backward Skis
- Forward Stride
- Forward T-Push Hold
- One-Foot Glide
- Forward C-Cuts
- Backward C-Cuts
- Forward Outside Edges
- Forward Inside Edges
- Swizzles



Kwiecien, 2024






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MIDDLE PHASE

- 12 – 14 Weeks Post-Op
- 1 – 2 Skates per Week
- Non-Contact at Practice
- 50 – 75% Effort

- Crossovers
- Power Turns
- C-Steps "Mohawks"
- Forward Power Pulls
- Backward Power Pulls
- Transitions
- Alternating Crossovers
- Cross Under Pushes





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LATE PHASE

- 14 – 16+ Weeks Post-Op
 - 1 – 2 Skates per Week
 - Preparation for Contact
 - 80-90% Effort
-
- Power
 - Speed
 - Conditioning
 - Tighter Transitions
 - Punch Turns
 - Complex Drills
 - Reduced Shifts
 - Prepare for Contact



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CASE 2: PERIACETABULAR OSTEOTOMY (PAO) & LABRAL REPAIR

- Junior Varsity Goaltender
- Bilateral Hip Dysplasia
- Post-Operative Left Hip
- 6 Weeks Crutches NWB
- Future Right PAO Planned

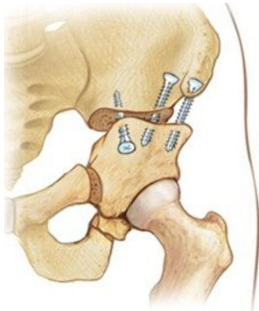


Figure 2

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Ice Hockey Goaltender Rehabilitation,
Including On-Ice Progression,
After Arthroscopic Hip Surgery for
Femoroacetabular Impingement

PHASE	EFFORT	SESSIONS PER WEEK	DURATION OF PHASE
I	Very Light	x2-3 of 30-40 minutes	2 Weeks
II	Light	x3 of 40-45 minutes	2 Weeks
III	Moderate	x3 of 45 minutes	2-3 Weeks
IV	Somewhat Difficult	x4 of 45 minutes	2-3 Weeks
V	Very Difficult	x4-5 of 45-60 minutes	2-4 Weeks
VI	RETURN TO PLAY		

PHASE I	PHASE II	PHASE III	PHASE IV	PHASE V	PHASE IV
No Pads Normalize Skating	Normalize Skating with Pads	Light Goalie Specific Movement	Crease Work Without Butterfly (Speed)	Crease Work With Butterfly (Explosive)	Practice, Conditioning, Games

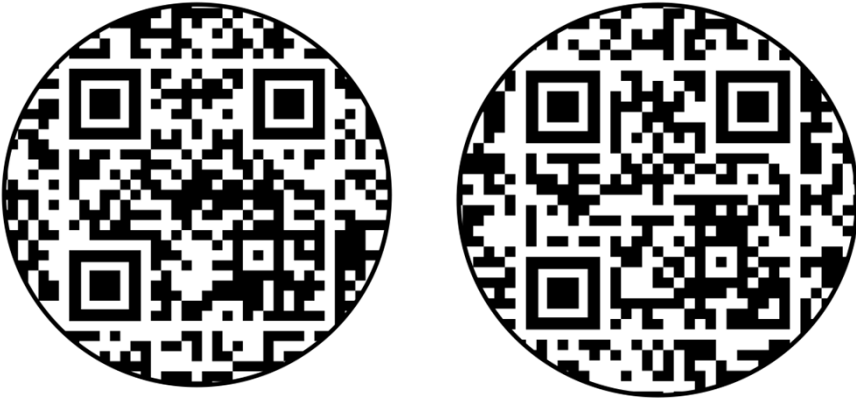
Pierce CM, 2013

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EARLY PHASE

- 10 – 13 Weeks Post-Op
- 2 Skates per Week
- 50% Effort

- Swizzles
- Inside Edges
- T-Pushes
- One-Foot Glide
- Forward C-Cuts
- Backward C-Cuts
- Y-Drills in Crease
- Beginner Shuffles

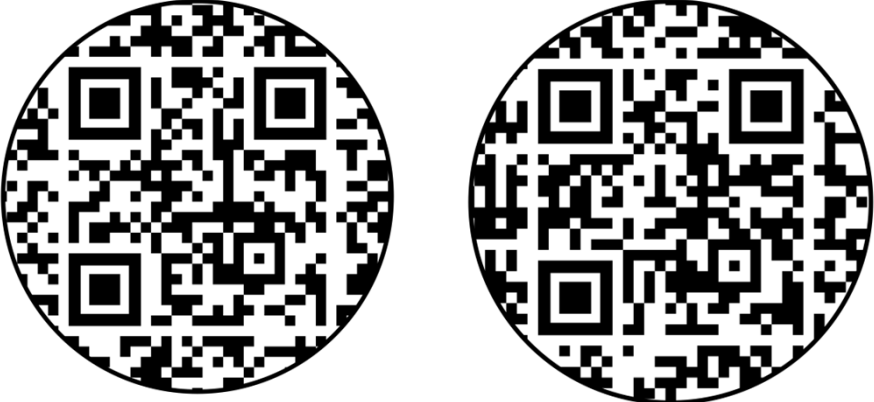



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MIDDLE PHASE

- 13 - 16 Weeks Post-Op
- Light Goalie Specific
- 50 – 75% Effort

- Wide Power Turns
- Small Hops
- RVH Position
- Pendulums
- Ground Stretches
- Pad Slides
- C-Steps "Mohawks"
- Transitions



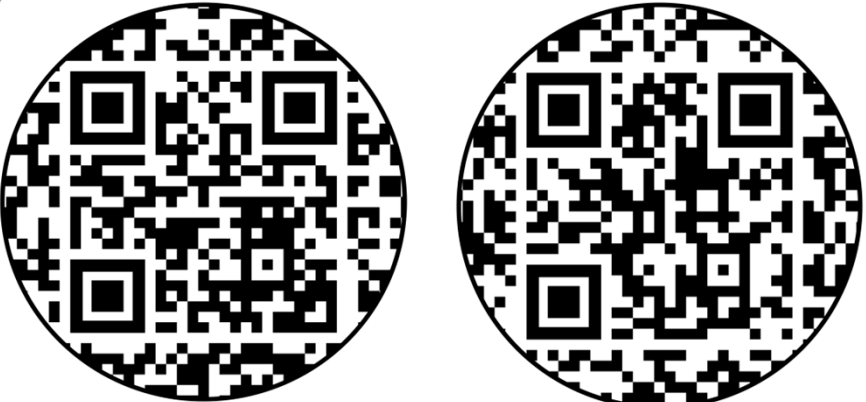


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LATE PHASE

- 16+ Weeks Post-Op
- Creasework with Butterfly
- Conditioning
- 80-90% Effort

- Butterfly
- Pad Slides
- Butterfly Slides
- Quicker Shuffles
- Complex Drills
- Conditioning
- Taking Shots in Net
- Begin Practices
- ~ 6 Months



Heyworth, 2016



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MANAGING VOLUME DURING RETURN TO ICE

Sunday	Full Rest Day
Monday	Ben Skate PWHT
Tuesday	Motion - PT STP
Wednesday	MAP PWHT
Thursday	Motion - PT
Friday	Ben Skate PWHT
Saturday	John - Skills

Early – Middle Phase

- 6 – 8 Exposures
- Maximum 2 Exposures per Day
- 1 Full Rest Day

Middle – Late Phase

- 8 – 10 Exposures
- Maximum 2 Exposures per Day
- 1 Full Rest Day



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REFERENCES

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Figure 1: <https://www.arthrex.com/hip/labral-fixation>

Figure 2: <https://www.vbjs.com.au/hip-pelvis-treatments/periacetabular-osteotomy-pao-handbook-pathway>



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